



*Spiraldynamik*  
intelligent movement

The ultimate user's guide  
to the body

An introduction  
to Spiraldynamik®

**Spiraldynamik® is a movement and therapy concept based on functional anatomy. It is well established in Europe, with 5000 trained professionals sharing over 30 years experience.**

Spiraldynamik® is the ultimate user's guide to the body. Once grasped, it works in every aspect of your life. Both personal and professional - as well as in therapy.



The spiral is the fundamental building block of nature. It is found everywhere - in galaxies, the DNA and in the human body. Spirals are flexible, stable and space saving. A complex 3D movement can be explained according to the 'Spiral Principle' and easily understood.

**Spiraldynamik® – a breakthrough  
in movement science**

**“Like a sculptor, we shape  
our bodies throughout our entire life.  
But instead of using a hammer and chisel,  
we do so through movement“**

**Dr. Christian Larsen, Co-founder of Spiraldynamik®**

## Info

**DATES** September 14th 2019 or  
September 15th 2019

8am - 12am, 1pm - 5pm  
Led by Armin Harrasser

**PLACE** PT Works  
794 Altos Oaks Dr  
Los Altos, CA 94024

**COST** \$ 250

Led by Armin Harrasser: Master in sport science, specialized in sport injury prevention and rehabilitation, movement therapist, sling exercise training, certified member in FMS and SFMA. The workshop is aimed to all podiatrists, physical therapists, movement therapists, athletic coaches and movement teachers.

### WORKSHOP TOPICS

- ▶ The ABC of anatomically intelligent movement, the blueprint of human locomotion
- ▶ Practical application of the Spiraldynamik® principles, present in the entire body, in everyday life and in sportspecific movement patterns.
- ▶ Special topic of this introduction course:  
The interrelation between the foot, ankle, knee and hip in terms of force absorption and leg alignment during walking and running

Introductory workshop:

The principles of Spiraldynamik®





For more information & registration

please write to: [ptworks94024@yahoo.com](mailto:ptworks94024@yahoo.com)

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